



# [locked/private] The world is round.



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MOOD: 😊 strong

MUSIC: Damien Rice - Rootless Tree

Because of my shoulders, I thought I would never manage a full wheel pose. I'm strong--probably stronger than I've ever been--and the range of motion is as good as it's ever likely to recover. But I would get my hips up into bridge pose and then manage to put myself on my head and then just get stuck there. It was like the top of my head was glued to the floor.

I thought it was the scar tissue, because all around me were little tiny women, old women, heavyset women, all doing this trick like it was nothing at all. And I would struggle and struggle and just hurt myself.

This morning Natalie the cute plump yogi said something different. She said *It's just a continuation of the movement you're already doing.*

And I thought, *Huh. But the movement I'm already doing isn't coming from my arms. Or shoulders. It's all legs and core.*

So I thought about my hips and my core muscles and--I just floated up. It was easy. I could have stayed there forever.

It's just like climbing or *le parkour*. It's not about how strong you are. It's all about how well you use the strength you have to exploit the laws of physics.

Brute force is for *amateurs*.

TAGS: [balance](#), [yoga](#)



THIS LOOKS LIKE A  
GOOD IDEA.

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THIS.

...

LITTLE GUY'S NOT  
BAD.

Gotta teach RHex  
to smear.

0 comments